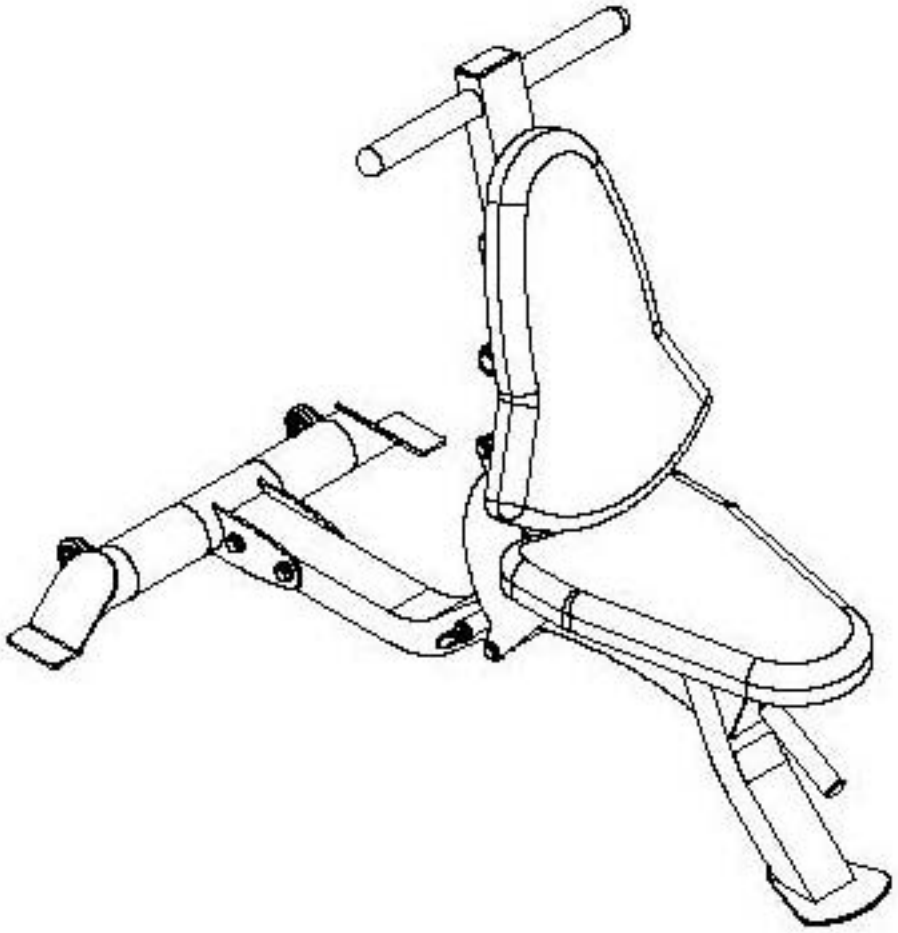
BODYCRAFT

FLAT/INCLINE BENCH ASSEMBLY MANUAL

MODEL F603



QUESTION?

As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or BODYCRAFT at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

We stand behind our products. Every piece, every part of this BODYCRAFT strength training system is guaranteed for as long as you own it. We will repair or replace anything that goes wrong.

Bodycraft is a division of Recreation Supply Inc.
P.O. BOX 181
Sunbury, OH 43074

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BEFORE YOU BEGIN

Congratulations and thank you for selecting the **BODYCRAFT F603 BENCH.** The **BODYCRAFT F603 BENCH** offers an impressive array of strength training exercises to develop every major muscle group of the body.
Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **BODYCRAFT F603 BENCH** will help you achieve the specific results you want.

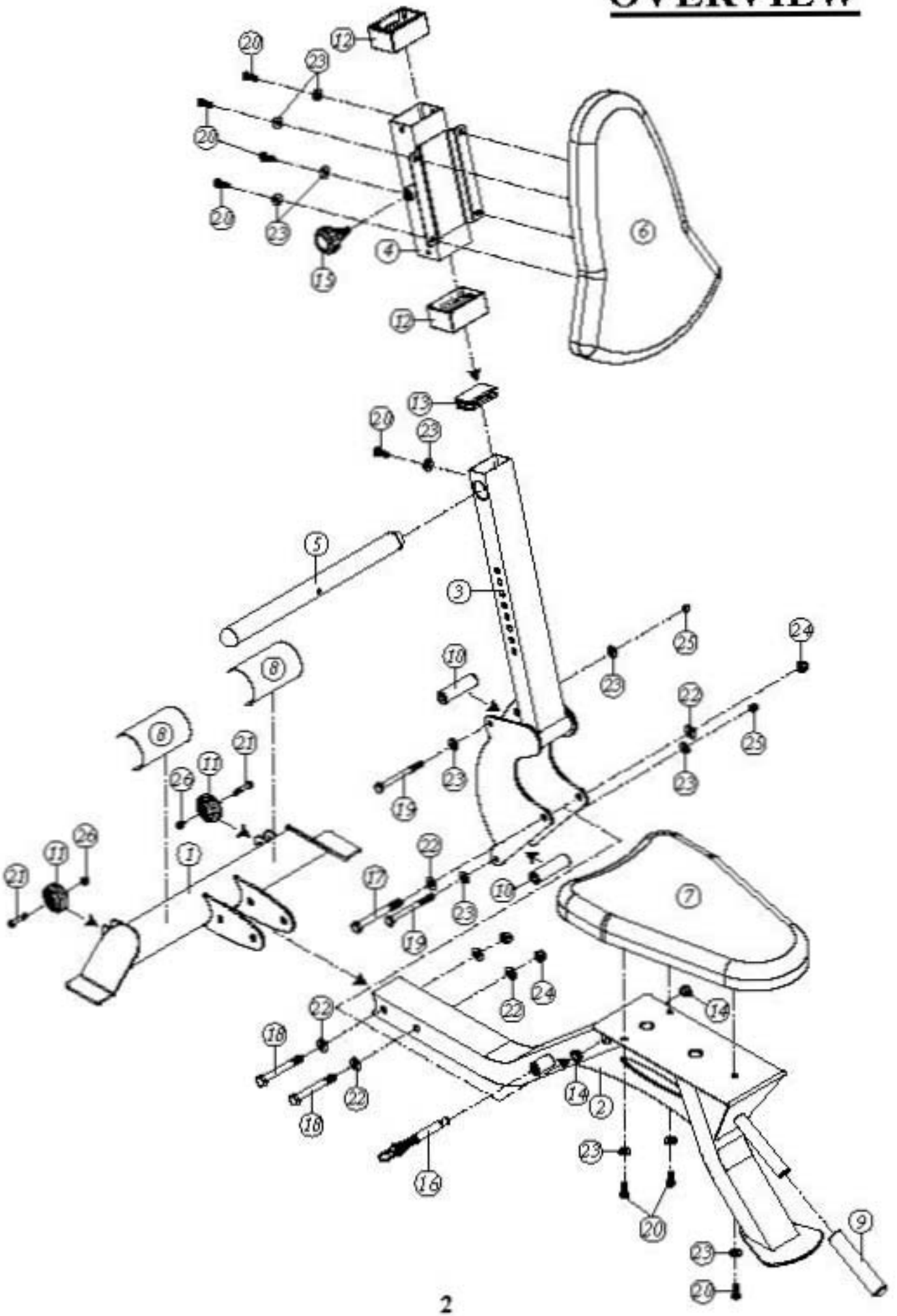
For your safety and benefit, read this manual and the accompanying literature before using the BODYCRAFT F603 BENCH. Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

IMPORTANT SAFETY NOTES

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **BODYCRAFT F603 BENCH** at all times.
5. Keep your hands away from moving parts other than the designated handles.
6. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. Exercise with care to avoid injury.
8. If unsure about the proper use of the **BODYCRAFT F603 BENCH** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

OVERVIEW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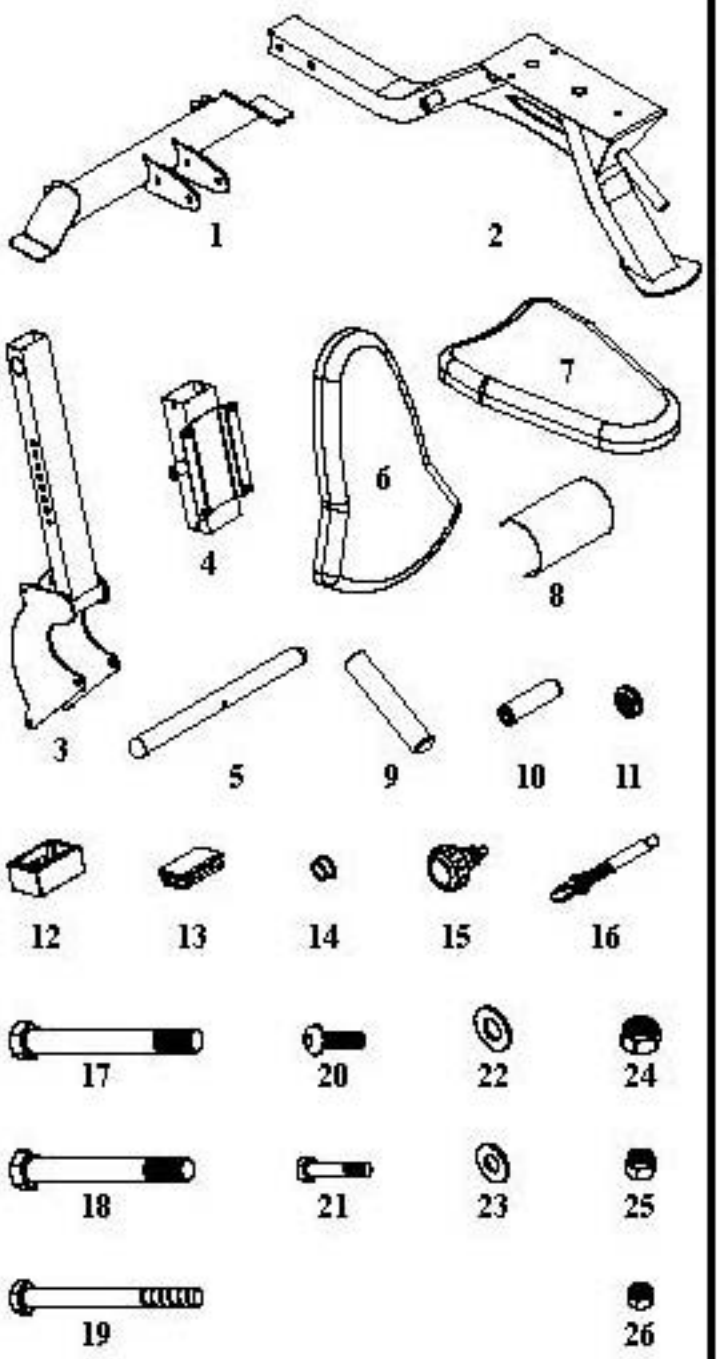
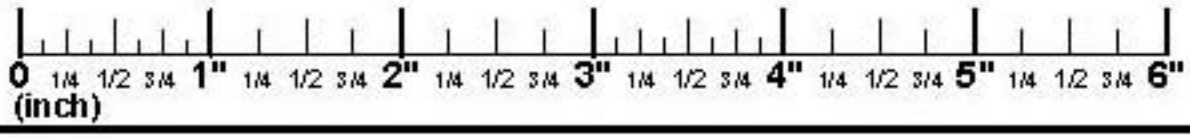
PARTS LIST

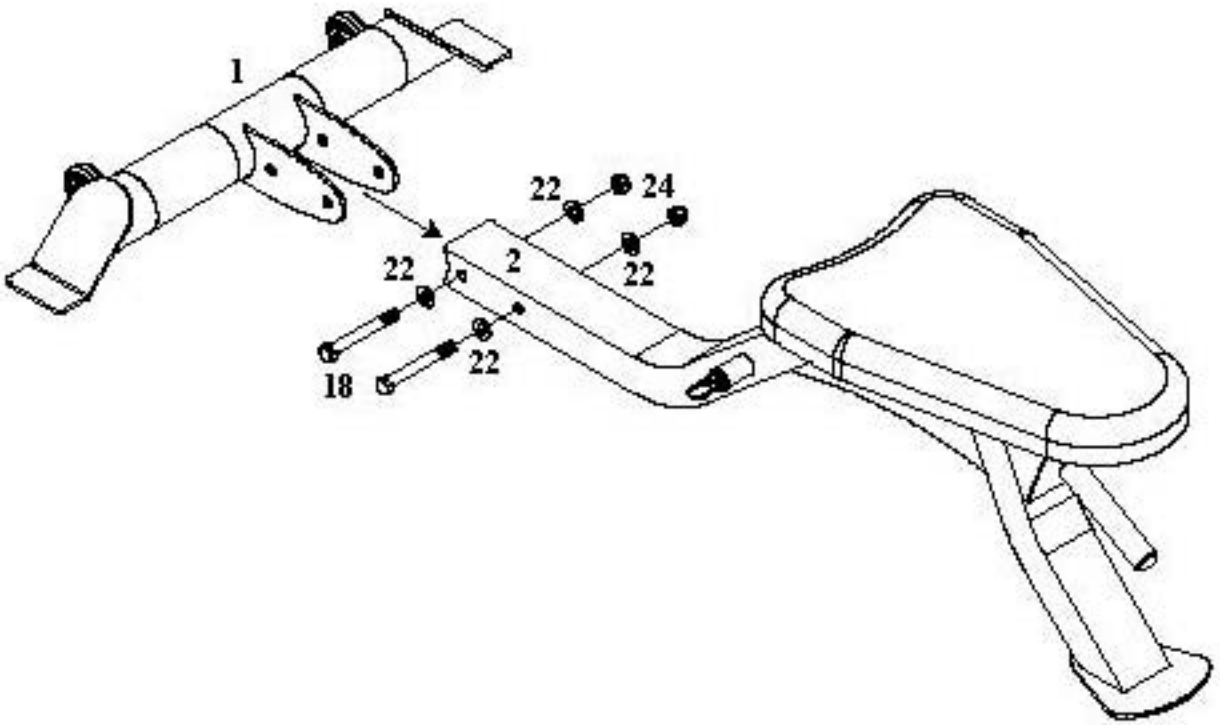
NO.	DESCRIPTION	QTY.
1	REAR FRAME	1
2	BASE FRAME	1
3	BACK SUPPORT FRAME	1
4	BACK ADJ. SLIDER	1
5	HANDLE BAR	1
6	BACK PAD	1
7	SEAT PAD	1
8	SHEET NONSLIP	2
9	HAND GRIP	1
10	SLEEVE	2
11	WHEEL	2
12	RECT. PLASTIC BUSHION	2
13	45 X 75mm END RECT. PLUG	1
14	STEEL BUSHION	2
15	SPRING KNOB	1
16	LONGER POP PIN	1
17	1/2" X 4-1/2" HEX BOLT	1
18	1/2" X 4" HEX BOLT	2
19	3/8" X 4-1/2" HEX BOLT	2
20	3/8" X 1" INNER HEX SCREW	8
21	5/16" X 1-1/2" HEX BOLT	2
22	1/2" WASHER	6
23	3/8" WASHER	12
24	1/2" NYLON NUT	3
25	3/8" NYLON NUT	2
26	5/16" NYLON NUT	2





STEP 1

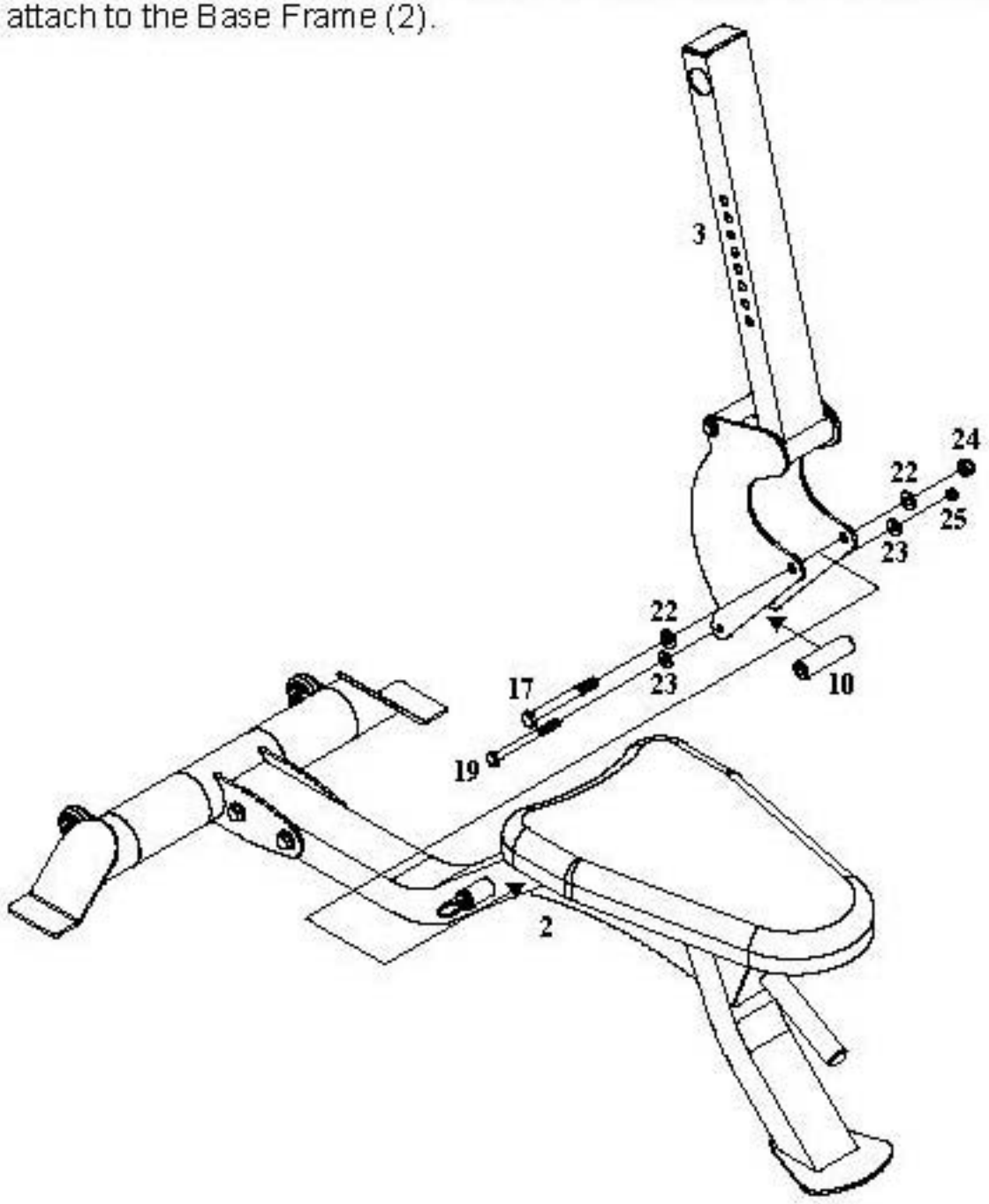
1. Attach the Rear Frame (1) to Base Frame (2) using two 1/2" X 4" Hex Bolts (18), four 1/2" Washers (22) and two 1/2" Nylon Nuts (24).



STEP 2

1. Attach the Back Support Frame(3) to the Base Frame (2) using one 1/2" X 4-1/2" Hex Bolt (17), two 1/2" Washers (22), and one 1/2" Nylon Nut (24). Tighten this bolt and loosen just enough for the Back Support Frame (3) to rotate freely.

2. Attach the 3/8" X 4-1/2" Hex Bolt (19), two 3/8" Washers (23), one Sleeve (10), and one 3/8" Nylon Nut (25) to the lower set of holes in the Back Support Frame (3) as shown. This bolt and sleeve do not attach to the Base Frame (2).



STEP 3

1. Attach the Back Pad (6) to the Back Adj. Slider (4) using four 3/8" X 1"' Hex Threaded Bolts (20), and four Washers (23). Slide the Back Adj. Slider (4) onto the Back Support Frame (3) and lock it into place at your desired height using the Spring Knob (15).
2. Attach the Seat Pad (7) to Base Frame (2) using three 3/8" X 1" Hex Threaded Bolts (20), and three 3/8" Washers (23).
3. Slide the Handlebar (5) into the hole in the top of the Back Support Frame (3) and secure using one 3/8" X 1" Inner Hex Screw (20).